

## LONG TERM RETENTION (Shell Retainer)

### What does it do?

This shell retainer is designed to maintain tooth position for long term periods. You may have chosen this shell to replace another type of removable appliance or a bonded one for easier hygiene care.

### What does my retainer look like?

The shell retainer is a thin layer of clear plastic that covers your teeth.

### How long will I wear this retainer?

- It is recommended that you wear your shell one to two nights a week as teeth are constantly moving and shifting throughout your lifetime.
- It is easier to remember to wear the shell if it is worn the on the same nights every week.
- No further appointments are required at our office but you are always welcome to contact us if you have any concerns.

### What are my responsibilities for successful retention?

- You may find your teeth feel loose or slightly sore for a few days after getting your retainer. This will dissipate as your teeth settle.
- You may experience a plastic taste and more saliva flow for the first few days. Be patient, this will disappear once your mouth adjusts to the new appliance.
- Please handle your appliance with care to avoid damage or breakage.
- **Avoid** using your tongue to play with or remove your retainer from your mouth. Remove your retainer as shown.
- It is important that you clean your teeth and retainer after eating. To do so, hold the appliance in the palm of your hand and gently scrub with a toothbrush/toothpaste. Rinse with **COOL** water (never hot) to avoid distortion.
- **Always** use the case provided to store and protect your fragile retainer when not in your mouth and keep your case in a cool area. Never wrap retainer in Kleenex, place it in your pocket, backpack, or on a desk as this places it at risk for breakage or lost it.
- If you find your retainer in a rather undesirable place and you need to disinfect it, **DO NOT BOIL IT!!** Soak it in (1 part Bleach/10 parts Water) mixture for 15 minutes to disinfect it, rinse well with water.
- Keep out of reach of your pets. Dogs in particular are attracted to the smell of your retainer and love to chew them! It doesn't matter how small or cute they are!
- If you have dental work done, consult with your orthodontist as you may need to have a new shell retainer made depending on the dental work required.
- Please contact our office should retainer become bent, loose, breaks or if it is lost.



**IT HAS BEEN A PLEASURE TAKING CARE OF YOUR ORTHODONTIC NEEDS!**